



# City of Carson

## Report to Mayor and City Council

July 5, 2011  
New Business Consent

**SUBJECT: CONSIDER ESTABLISHING THE CITY OF CARSON EMPLOYEES' HEALTH, VITALITY AND WELLNESS PROGRAM**

Submitted by Raymond R. Cruz  
Public Services General Manager

Approved by Clifford W. Graves  
Interim City Manager

### **I. SUMMARY**

This item is on the agenda at the request of Councilmember Santarina.

It was recently suggested that the city develop the city of Carson Employees' Health, Vitality and Wellness Program that would encourage staff to maintain good health and a sound mind. This goal would be reached by providing sessions such as massage therapy, acupuncture, and reflexology. Tonight the Council is asked to refer this matter to the City Council Policy subcommittee for review and comment.

### **II. RECOMMENDATION**

REFER the creation of the city of Carson Employees' Health, Vitality and Wellness Program to the City Council Policy sub-committee.

### **III. ALTERNATIVES**

TAKE another action the City Council deems appropriate.

### **IV. BACKGROUND**

As the number of Americans diagnosed with conditions like diabetes, hypertension, heart disease, depression and anxiety grows, the importance of promoting an overall healthy lifestyle cannot be underestimated. In an effort to encourage good health and a sound mind among the city staff, it was suggested that the city establish the city of Carson Employees' Health, Vitality and Wellness Program. It is hoped that by providing sessions such as massage therapy, acupuncture and reflexology, staff will be proactive in maintaining a healthy lifestyle.

As currently envisioned, this program would utilize one room, twice a week, at the Veterans SportsComplex for various wellness programs. Private vendors would be invited to submit proposals to provide these sessions. There will be no cost to the city, but employees would be responsible for any fees for instructors or the coordination of the program. After 6 months, the program would be open to the general public, as the schedule and resources permit.

V. FISCAL IMPACT

None at this time.

VI. EXHIBITS

1. Draft Resolution. (pgs. 3-4)

Document2

Prepared by: Luchie S. Magante, Sr. Administrative Analyst

TO:Rev032811

Reviewed by:

City Clerk	<u>City Treasurer</u>
<u>Administrative Services</u>	<u>Development Services</u>
<u>Economic Development Services</u>	<u>Public Services</u>

Action taken by City Council

Date \_\_\_\_\_ Action \_\_\_\_\_

DRAFT

A RESOLUTION OF THE CITY COUNCIL OF THE CITY OF CARSON, CALIFORNIA, ESTABLISHING THE CITY OF CARSON EMPLOYEE'S HEALTH, VITALITY AND WELLNESS PROGRAM

**WHEREAS**, the need for health and wellness in any organization is a well-established fact. As wellness programs mature, more and more data illustrate the economic benefits associated with better health. The United States spends over \$2 trillion on health care annually. In light of all the money being spent on care, plan sponsors and other payers want to be sure they are spending their health care dollars wisely. According to the Partnership for Presentation, over 95% of our nation's health care expenditures are committed to diagnosing and treating disease only after it becomes evident and life-threatening. Costs associated with preventable illness make up the largest portion of the nation's health care bill;

**WHEREAS**, such crippling health conditions like diabetes, obesity, hypertension, heart diseases as well as mental conditions like depression, anxiety among others are known to decrease efficiency, increase healthcare costs and contribute to the overall deterioration in the quality of life of individuals, families, organizations and cities;

**WHEREAS**, the City of Carson has not been spared by the effects of a lack of additional incentives to promote government-employee wellness, health and preventive care;

**WHEREAS**, in order to be proactive and to improve employee morale and working conditions there is a need for a PROGRAM that conveys concern, promotes incentives and provides the venue and tool for City Government employees to strive to maintain good health and sound mind;

**NOW THEREFORE**, for and in consideration with the premises hereinabove stipulated the RESOLVED AS IT IS RESOLVED by the CITY COUNCIL of the City of Carson in its regular session assembled, upon motion by the Honorable Elito Santarina hereby enacts this resolution as follows;

**RESOLVED**, to establish the CITY OF CARSON EMPLOYEE'S HEALTH WELLNESS, AND VITALITY PROGRAM with the following parameters;

**I. FACILITY ALLOCATION**

- a. The city hereby allows the use of one free room at the VETERANS PARK SPORTS COMPLEX, or any city room, twice a week for wellness programs such as MASSAGE THERAPY, ACCUPUNCURE, REFLEXOLOGY, FOOT SPA, FULL-BODY MASSAGE, and other HEALTH WELLNESS PROGRAMS.

**II. PRIVATE SECTOR PARTICIPATION**

EXHIBIT NO. 01



- a. Private Sector groups based in Carson shall be invited to submit free program proposals to benefit City Employees.

**III. PROGRAM SUPERVISION AND MANAGEMENT**

- a. The City Manager and/or his/her designee shall exercise overall supervision and monitoring of this program's development and encourage all employees to participate in this program.

**IV. CAPITAL OUTLAY**

- a. This program shall have no capital expenditure from the City and be free of charge to all employees. However all minimal expenses/fees stipulated by program instructors/coordinators shall be the responsibility of the participant.

**V. PUBLIC BENEFIT**

- a. This program after a six-month period shall be made available to the general public as the schedule and resources permit.

RESOLVED FURTHER, that this program shall be promoted to all employees for the City Government and be formally launched within three-months from the enactment of this resolution.

NOW, THEREFORE, BE IT RESOLVED that the City Council of the city of Carson, California,

**PASSED, APPROVED and ADOPTED** this \_\_\_ day of July, 2011.

\_\_\_\_\_  
Mayor Jim Dear

ATTEST:

\_\_\_\_\_  
City Clerk Helen S. Kawagoe, MMC

APPROVED AS TO FORM:

\_\_\_\_\_  
City Attorney

